

## HYPOGLYCEMIA

(356)

<b>PARTICIPANT TYPE.....</b>	<b>ALL</b>
<b>HIGH RISK.....</b>	<b>YES</b>

### RISK DESCRIPTION:

Presence of hypoglycemia diagnosed by a physician as self-reported by applicant, participant, or caregiver; or as reported or documented by a physician, or someone working under physician's orders

Note: Hypoglycemia can occur as a complication of diabetes, as a condition itself, in association with other disorders, or under certain conditions such as early pregnancy, prolonged fasting, or long periods of strenuous exercise.

### ASK ABOUT:

- Attitude and knowledge about condition and treatment plan
- Barriers to following treatment plan (e.g., health beliefs, religious or cultural practices, finances, access to follow-up health care)
- Food-medication interactions, especially insulin or other diabetes drugs
- Supplements including vitamins, minerals, herbal products and targeted nutrition therapy products
- Growth history or prenatal weight gain pattern
- Chronic medical conditions or disorders
- Circumstances of hypoglycemia including time of day, time since last meal, previous episodes, nutritional status, physical and mental development, family history, and response to treatment.

### NUTRITION COUNSELING/EDUCATION TOPICS:

- Encourage frequent small meals, low carbohydrate snacks and regular physical activity.
- Symptomatic hypoglycemia is a risk observed in a substantial proportion of newborns who are small for gestational age (SGA), but is uncommon and of shorter duration in newborns who are appropriate size for gestational age.
- When hypoglycemia occurs repeatedly, a record or "diary" of the spells over several months, noting the circumstances of each spell (time of day, relation to last meal, nature of last meal, response to carbohydrate, and so forth) may be useful in recognizing the nature and cause of the hypoglycemia.

<b>POSSIBLE REFERRALS:</b>
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- If the participant is taking any non-prescribed vitamin or mineral supplements, herbal supplements, or targeted nutrition therapy products, advise discussing these with the primary care provider.
- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.